

What is claimed is:

1. In a self-administered back massage applied to an individual by leaning contact against a semi-spherical configured massaging device, an improvement consisting of a method of facilitating establishing said leaning contact between said massaging device and a selected back area of said individual comprising the steps of:
 - A. using as a positioning site for a back massage a door frame having two opposite side walls bounding therebetween a vertical plane of a doorway opening;
 - B. using as a messaging device a construction comprising a base, a plurality of semi-spherical configurations extending from one side of said base, and a vertical notch in said base having walls bounding a positioning recess therebetween;
 - C. positioning said massaging device in a transverse relation to a vertically oriented rectangular strip disposed flat against said one side wall of said door frame and having projected in said positioning recess a vertical strip normally serving as a stop for a pivotal traverse of a door mounted in said doorway opening plane;
 - D. instructing an individual to assume a position in said plane of said doorway opening preparatory to establishing leaning engagement against said positioned massaging device; and
 - E. instructing said individual to supplement said established leaning engagement by pushing against the other of said side wall of said door

frame to cause movement of the individual in the direction of said
massaging device.

whereby bodily movements while maintaining said engagement provides a self-
administered back massage.